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Initiative for exercise as figures reveal 60 per cent of area obese



Neil Kersey community manager at Barking RC and Mark Berry from Active Sport

FITNESS FREE TO FIGHT FLAB

By Paul Peterson

barking@yellowad.co.uk

KEEP fit and sport coaching is
available to overweight people in
Barking and Dagenham – for free.

The scheme follows news that
more than 60 per cent of people in
the area are either obese or over-
weight.

Active Sport4Life has been
launched by Barking and
Dagenham Council for anyone
aged over 14 who doesn't already

exercise.

Council leader, Liam Smith,
urged people to get involved.

He said: "Taking up sport can be
a great way to improve fitness. It
can reduce the risk of coronary
heart disease, help with weight
loss, reduce stress and anxiety, and
control blood sugar levels, as well
as improve the quality of life and
overall health.

"This programme is a great way
for inactive people to take up sport
while having a really committed

support network there to help every
step of the way."

GPs can also refer patients who
suffer from low self-esteem, stress
or anxiety, loneliness or depression
to the programme. The scheme is
funded by Sport England.

It includes an initial health assess-
ment, with regular review meet-
ings, 12 weeks of free sports ses-
sions with a qualified coach in a
chosen sport, a dedicated personal
programme to meet individual
needs, and a chance to continue

participation with local clubs for a
further nine months with sub-
sidised membership and fees.
Although the programme is
designed to improve health and fit-
ness, all activities are inclusive and
suitable for all abilities, even those
who have never participated in
sport before.

For more information please log
onto www.lbdd.gov.uk/sport4life or
to register for the programme call
Active Sport4Life coordinator
Mark Berry on 020 8227 3036.

Man rescued from house fire in Dagenham

A MAN was rescued from his home by fire
crews after a blaze broke out on Friday.

The man, from Fanshawe Crescent, in
Dagenham, was rescued at about 12am
before being taken to hospital by para-
medics to be treated for smoke inhalation
and burns.

Two fire crews from Dagenham extin-
guished the flames by about 12.45am,
but the ground floor of the property was
left seriously damaged following the
blaze.

Station manager, Paul McClenaghan,
said: "The property did not have any

smoke alarms, which are so important
because they give you early warning of a
fire, giving you time to get out safely. We
fitted the property with smoke alarms
before we left."

The cause of the fire is currently under
investigation.

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney

INSIDE this week



**Grotto
gets
going**

Page 6

Yellow Advertiser

**Yellow Advertiser Ltd,
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Publishing director: Scott Wood
Switchboard: 01268 503400
Advertising: 01268 503450
Fax: 01268 503418/9 and 503455
Editorial: 01268 503492
E-mail: waltham@yellowad.co.uk
Distribution: Contact Caroline Wilson on
020 8364 4040 or e-mail
distribution.enfield@nlhnews.co.uk
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Competition

WIN! TICKETS TO THE IDEAL HOME SHOW

THIS March, the award winning
Ideal Home Show, sponsored by Quiet
Mark, will return for its 106th year and
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Running from March 14 to 30 at
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Woman, this year's show is set to be
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bassadors including TV presenter and
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and TV presenter Melinda Messenger
as ambassador of Ideal Woman,

There will be more live demon-
strations and expert advice than the show
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bassadors will also be taking to the re-
turning Ideal Super Theatre – a purpose-
built stage which will host talks and
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and a whole host of other household
names including Martin Lewis,
founder and editor of
Moneysavingexpert.com, making it
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and tricks to improve your home.

The centre piece of this year's show –
the Ideal Show Village – will see a
series of four show homes, the largest
village to date, built in Earls Court for
visitors to explore. So, whether you're a
domestic goddess or a DIY disaster
there's something for everyone.

For further information and tickets,
which cost £12 when booked in advance
(subject to a £1.70 transaction fee) and
are free for children aged 15 and under,

visit www.idealhomeshow.co.uk or call
0844 858 6763.

**To win tickets for you and a friend
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**Q: How many years has the Ideal
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A: 106 years

B: 60 years

C: 16 years

To enter the competition telephone
your answer – A, B or C – to 0901 307
1666 along with your name, address,
telephone number and email.

Alternatively text YAIDEAL (space)
followed by A, B or C, and your name,
full address and email to 63333.

Calls cost 51p from a BT landline.
Calls from other networks may vary and
from mobiles will cost considerably
more. Texts cost 50p plus your standard
network rates. If you do not wish to
receive details on any other products or

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your message.

Lines close on Thursday, February 20,
2014. Entries received after the closing
date will not be counted but may still be
charged. Service Provider: JMedia UK
Limited, SW4 7BX. Tel: 0844 800 1188.

Terms and conditions

The winners will be the first 20 correct
entries drawn at random after the clos-
ing date. Each prize includes two adult
tickets to the show. Prize does not
include travel expenses. Prize is non-
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native. Only one entry per person.
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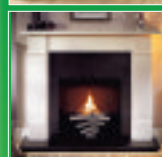
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Mark John Wyld - wanted for questioning by police

Man wanted for questioning

POLICE are appealing for information to track down a man wanted for questioning.

Mark John Wyld, 30, who is known to frequent the Barking and Dagenham area, is wanted by police for questioning in connection with assault and vehicle theft.

Wyld was last known to be living at an address in Cumberland Road in Forest Gate.

Anyone with information of his whereabouts should call the Barking and Dagenham Offender Management Unit on 101 or Crimestoppers 0800 555 111.

Men charged over death of shopkeeper

TWO men have been charged in connection with the death of a Barking shopkeeper.

Deibidas Sumskas, 25, of Otley Road, Newham, and Edgas Balezantis, 25, of Tollgate Road, Newham, appeared before Barkingside Magistrates Court last Friday.

The pair, who are both charged with manslaughter and conspiracy to commit robbery, were remanded in custody to appear at the Old Bailey on Monday, February 17.

Father-of-two Shammi Atwal, from Chigwell, died after he was in collision with a lorry outside his cash and carry shop in River Road, Barking, on Monday, October 14.

Farhan Sheikh, 38, of Thornhill Gardens, Barking, Vidmantas Gonskoves, 26, of Grange Road, Plaistow, and Reiniks Kivers, 28, and Aurimas Diliunas, 27, both of no fixed address, denied manslaughter and conspiracy to rob when they appeared at the Old Bailey on Friday, January 31.

The four men will stand trial on Monday, April 7.



Shammi Atwal

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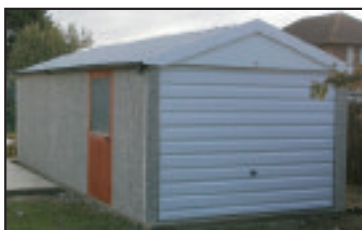
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Awards for centres

Sophie Lillington, Forest centres officer, and Tony Wahlhaus, information assistant from the heritage team, at The Temple in Wanstead Park with the award
Photo by Martin Dalton

THREE visitor centres at Epping Forest have received prestigious tourism awards.

The centres at The Temple in Wanstead Park, the Queen Elizabeth Hunting Lodge and The View, both in Chingford, have scooped awards from the Visitor Attraction Quality Assurance Scheme (VAQAS) – the quality marque of Visit England.

The marque, which is recognisable by a Tudor rose logo, is given to tourist attractions across the country that provide quality facilities and an overall visitor experience. Antony Fenwick, head of visitor ser-

vices at Epping Forest, said: “We’re so pleased to have been awarded VAQAS at all three of our visitor centres. It’s great to receive this level of recognition from Visit England and we are delighted that our visitors are receiving such a high standard of customer service and overall visitor experience.”

The Temple, which received the VAQAS for the second time, was praised for its ‘attentive staff’, ‘pleasant, welcoming atmosphere’ and ‘attractive arrivals hall’.

The grade II building was also rated overall as ‘a very good quality experience’.

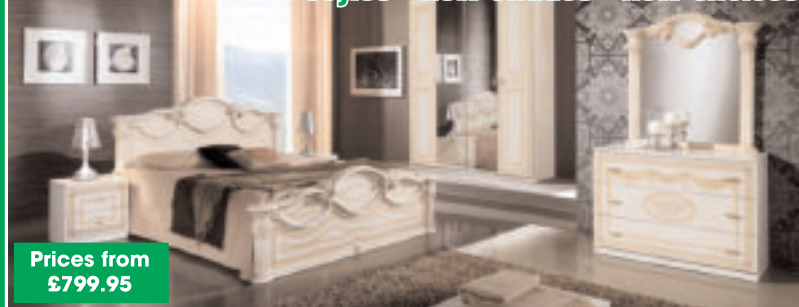
The Heritage Lottery-funded, The View, in Rangers Road, Chingford, received the VAQAS award for the first time. The centre, which opened in July 2012, was praised for its ‘friendly staff’, ‘very good’ exhibitions and its high standard of cleanliness.

The Queen Elizabeth Hunting Lodge scooped the VAQAS award for the fourth year running after Visit England was singled out for its ‘warm, welcoming atmosphere’.

It was also described it as a ‘relaxing place’ for children to ‘engage with history’.

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Volunteers complete first phase of Grotto project

VOLUNTEERS have completed the first phase of a major conservation project at Wanstead Park.

Groups from Redbridge, Waltham Forest and Newham along with Wanstead Sports and Leisure, St Mary's Church and English Heritage have been working to help improve views of The Grotto.

They have cleared woody vegetation and brambles from the ornamental waters around the historic local landmark as part of the City of London Corporation's Wanstead Park Regeneration Project.

Geoff Sinclair, head of forest operations at the corporation, said: "The aim is to provide better views of the building and enhance its value as a focal point in the landscape of the park. We are grateful to the Friends of Wanstead Parklands for their valuable involvement in planning these works."

The project will now move into its second phase to clear vegetation from the Grotto itself followed by a final phase to assess the remaining mature trees near the site and carry out any remedial works.

Dwight Wood, chairman of the Wanstead Park Steering Group and Friends of Wanstead Parklands, said: "This a brilliant part of the great new push to get this nationally important park off the at risk register. All major stake holders in and surrounding the Wanstead Park including the friends and associated groups from across



East London are really pleased to be part of this positive project."

The Grotto, which opened to the general public in 1882, was originally designed as a boathouse. It was constructed around 1760 by John Child at a similar time to The Temple in Wanstead Park.

The Grotto was famous for its interior reflective decoration including quartz and amethyst, but the building was destroyed by fire in 1884. Fragments from The Grotto are on display at The Temple.

The City of London Corporation is planning to run guided walks to The Grotto during the summer.



The arbourist team at work

Pictures by Ralph Potter

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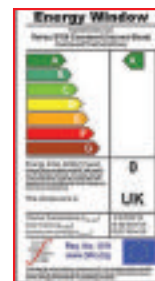


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AFTER



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UNITE: Councillor Hardial Singh Rai and dignitaries at the family fun day

Families unite at Daggers' anti racism fun day event

FAMILIES gathered at Dagenham and Redbridge FC for the Daggers Against Racism fun day.

They were joined by Barking and Dagenham mayor, councillor Hardial Singh Rai, and FA director of football development, Sir Trevor Brooking, as the Daggers played Hartlepool United.

The crowds were able to get into the Barking and Dagenham stadium for as little as 50p a

ticket on the day and were entertained by local singer/songwriter Ryan Green before the match got started.

At half time, the dignitaries signed their names on the Daggers Against Racism board along with the winners and runners up of the Ramsey Moore Community Cup in front of more than 3,000 fans.

Councillor Jeanne Alexander, cabinet member for crime, justice and communities, said: "As

a council that is committed to equality and diversity and bringing communities together, we fully support the fun day and praise the leading role that Dagenham and Redbridge FC has played.

"There is no place for racism not only on the football field but everywhere across our borough, in our schools, streets and play areas and I am proud of the role our local football club has taken."

CCTV released in phone snatch appeal

DETECTIVES are appealing for information about a mobile phone snatch at a train station.

Officers from the British Transport Police are releasing CCTV images of the incident, which happened at Upney train station at around 10.30am on Thursday, January 23.

A 22-year-old man from Rainham was travelling on a west-

bound District line train when a man snatched his mobile phone and ran off the train as it reached the station.

The victim ran after him and a scuffle broke out on the platform before he retrieved his phone. The would-be thief ran off and forced his way through the ticket barriers.

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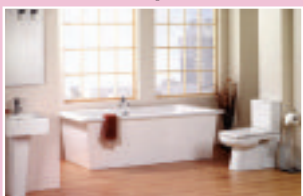
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Ambulance service to start hiring staff from outside EU

Overseas paramedics needed to fill 250 vacancies in London

THE London Ambulance Service is set to recruit paramedics from outside Europe for the first time.

Bosses at the ambulance service have been granted permission from the UK Border Agency to begin recruiting paramedics from overseas to help fill around 250 vacant posts in the capital.

The move, which comes during a national shortage of paramedics, means that the ambulance trust can sponsor 100 work visas for non-European people every year.

Mark Whitbread, director of paramedic education and development at the ambulance trust, said: "Year-on-year increases in demand and a requirement to have more registered healthcare professionals means that we are in need of a

greater number of paramedics. The same applies for other ambulance trusts across the UK but there are only a finite number of registered British paramedics."

The London Ambulance Service is particularly keen to recruit people from Australia and New Zealand because they provide paramedic training that is similar to the UK. But the trust is also working with UK universities, sponsoring student paramedics and encouraging ex-military personnel to consider the ambulance service.

Mr Whitbread added: "While we are doing all we can to encourage people to consider para-medicine as a career, we are now going to look overseas to help bridge the gap."

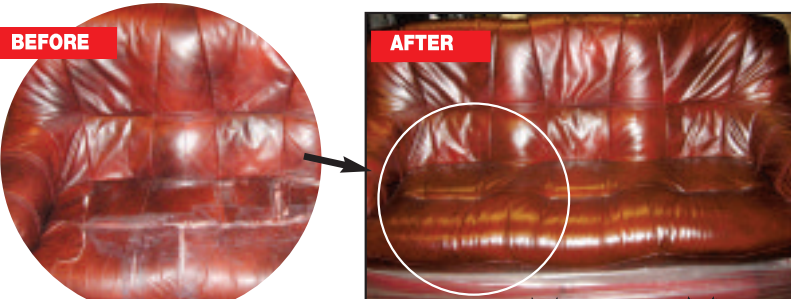
The national shortage of paramedics is affecting ambulance trusts across the country, which has now prompted the Association of Ambulance Chief Executives (AAACE) to join forces with Health Education England to try and tackle the recruitment problem.

Martin Flaherty, managing director of the AAACE, said: "We are working closely with the special health authority to improve the situation while ambulance trusts across the country are also having to think of ever-more creative ways to recruit to vacant posts."

Ambulance trusts that recruit from overseas will have to ensure that all candidates undergo a short conversion course before they treat patients in the UK.

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motoring news

LEGENDARY:
James Hunt

No Rush but James makes Hall of Fame

by Mike Torpey

F1 legend James Hunt will be one of four racing icons to be inducted into the Motor Sport magazine Hall of Fame this year.

Hunt, who died in 1993, will always be remembered as one of the sport's biggest personalities – more so now that his title duel with arch-rival Niki Lauda in 1976 has been immortalised in movie Rush.

The Briton took the world crown that year but Lauda beat him into the Hall of Fame as one of motor sport's 25 greatest names already inducted. Motor Sport's Damien Smith said: "James Hunt belongs in rarified company as a great British sporting hero who transcended the arena that made him famous to become a genuine national – if not global – icon. During the 1970s you did-

n't need to be a motor racing fan to know who James Hunt was.

"Clearly, he was a natural star, but the force of his personality sometimes means his ability and achievements as a truly exceptional racing driver are overlooked.

"It was his competitive instinct, bravery and sheer speed that carried him to the 1976 F1 World Championship and he fully deserves to join former rivals such as Niki Lauda, Jody Scheckter and Mario Andretti in our exclusive club of legends."

No fewer than 15 members of the Hunt family were present at London's Royal Opera House to see the accolade presented to James' eldest son, Tom Hunt, last week.

Look out for re-runs of highlights of the event which was broadcast in an F1 Show Special on Sky Sports F1.

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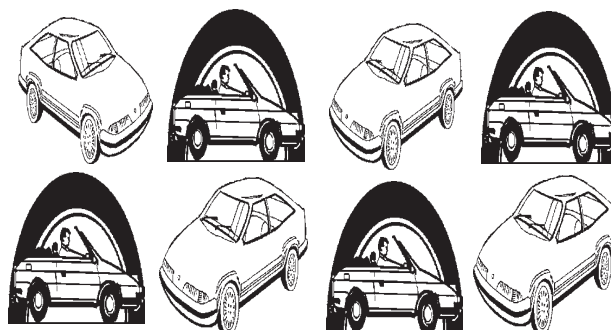
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The record of this application may be inspected Monday to Friday (except Bank Holidays) at the offices of London Borough of Redbridge, Perth Terrace, Ilford, Essex IG2 6AT between the hours of 10:00 to noon and 14:00 to 16:00 or on the worldwide web at http://redbridge.gov.uk/cms/business/licences_and_street_trading/alcohol_entertainment.aspx.

The right to make representations will be restricted when the subsequent premises licence application is made.

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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990

NOTICE UNDER REGULATION

TOWN & COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995

NOTICE UNDER ARTICLE 8

The following developments affect the character or appearance of the relevant conservation area:

0282/14 Applicant: Mr. Patel **Address:** 17, Aldersbrook Road, Wanstead, London, E12 5HH **Description:** Conversion of property into six self contained flats. Two storey side extension and first floor rear extension (summary). **Aldersbrook Conservation Area**

3358/13 Applicant: Mr. Pang **Address:** 3, Chapel Mews, Woodford Green, IG8 8GP **Description:** Loft conversion with five roof lights. **Claybury Conservation Area**

3370/13 Applicant: Mr. S. Bains **Address:** 66, Breamore Road, Seven Kings, Ilford, IG3 9ND **Description:** Roof window to front slope. (Retrospective) (SUMMARY) **Mayfield Conservation Area**

0226/14 Applicant: Mrs. I Attalia **Address:** 88, Levett Gardens, Seven Kings, Ilford, IG3 9BX **Description:** Single storey side & rear extension and new front porch.(summary) **Mayfield Conservation Area**

3348/13 Applicant: Mr. J Jose, L J Construction **Address:** 221-223, High Road, SOUTH WOODFORD, LONDON, E18 2PA **Description:** First floor side extension with pitch roof to create a 1 x 2 bedroom self-contained flat on first and second floors. New shop front. (Summary). **South Woodford Conservation Area**

3396/13 Applicant: Coopersale Limited **Address:** Rear Of, 127, High Road, South Woodford, E18 **Description:** Demolish existing garage block. Creation of 3x two bedroom flat and 4x one bedroom flats. (Summary). **South Woodford Conservation Area**

3331/13 Applicant: Mr. M Patel **Address:** 10, Grove Park, Wanstead, London, E11 2DL **Description:** Variation of (Condition 2) of approved planning permission 1244/12: deletion of two front dormers and two rear dormers. **Wanstead Grove Conservation Area**

0007/14 Applicant: Mr. P. Lecomte, BB Partnership **Address:** Rear of 72, Blake Hall Road, Wanstead, London, E11 2QW **Description:** New two bedroom house. **Wanstead Grove Conservation Area**

0140/14 Applicant: Mr. K Naseem **Address:** 684, Chigwell Road, Woodford Green, IG8 8EW **Description:** Change of use of (A1) retail to (A5) takeaway with new flue to rear elevation. **Woodford Bridge Conservation Area**

0257/14 Applicant: Mr. K Naseem **Address:** 684, Chigwell Road, Woodford Green, IG8 8EW **Description:** One externally illuminated fascia sign. **Woodford Bridge Conservation Area**

0181/14 Applicant: Mr. A Ansari **Address:** 15, Broad Oak, Woodford Green, IG8 0LH **Description:** Demolish existing garage. Hipped roof over front reception. New front porch with hipped roof. Detached rear garage with hipped roof. (Summary). **Woodford Broadway Conservation Area**

0197/14 Applicant: Mr. A Ansari **Address:** 15, Broad Oak, Woodford Green, IG8 0LH **Description:** Two storey side extension. **Woodford Broadway Conservation Area**

0209/14 Applicant: Vodafone Ltd (CTIL) **Address:** Footpath Adjacent 288 Ilford Lane And Corner Of Mayville Road, Mayville Road, Ilford **Description:** Installation of 15m high telecommunication monopole with 3 antennas and associated equipment (Summary).

0190/14 Applicant: Landstart Ltd. **Address:** Doctor Johnson, 175, Longwood Gardens, Ilford, IG5 0EN **Description:** Demolish part of existing building. Change of use of public house (A4) to retail (A1) at ground floor. Conversion of first floor to create 1 x 1 bedroom and 2 x 2 bedroom flats (C3).

Listed Building Consent

Applications can be inspected at the Council's First Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford Essex IG1 1NN until 21 days from the date of this notice between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Service s within 21 days of the date of this notice.

Fiona Dunning – Head of Development Management
Date : 13 February 2014 DM No. 80119667

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01268 503430

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Pursuant to the Trustee Act 1925, notice is hereby given that any person having a claim against or an interest in the Estate of the above named, late of 27 Buntingbridge Road, Ilford, Essex IG2 7LW, who died on 12 June 2013, and whose Will was Proved on 31 January 2014, is required to send written particulars to the undersigned by 21 April 2014. After this date the Executor will distribute the Estate among the persons entitled thereto having regard only to the claims and interests of which she receives notice.

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81' and over £40 pair

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Bargain Buys

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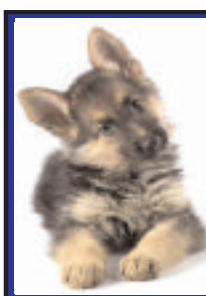
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Complete repair and maintenance service for
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Calls cost £1.02 per min from a BT Landline, other networks may vary, calls from a mobile could be considerably higher.

**CONDITIONS OF ACCEPTANCE
FOR ALL ADVERTISEMENTS**

Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.

2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', '(T)' etc. in the advertisement.

3. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:

- (a) Any error, inaccuracy or omission in the printing or publishing of any advertisement;
- (b) Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or
- (c) Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

5. Where shrinkage of advertisement occurs for whatever reasons the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full pages even after shrinkage.

6. The Publishers reserve the right to reject an advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication.

7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their agents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor changes, which do not affect the value of the advertisement, do not qualify for publication or allowances.

8. All gross advertising rates (except classified lineage and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.

10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.

11. The placing of an advertisement order will be deemed an acceptance of these conditions.

12. Account facilities are granted at the discretion of the Company.

13. All accounts must be settled within the terms agreed by the Company and the Customer.

(1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole debt in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.

(2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should Legal action be required the interest will be charged in accordance with the County Court Act 1984.

14. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect for an advertisement(s) should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.

15. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

18. The copyright of advertisements produced wholly or partially by the Publishers belong to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.

Box Numbers

Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing material. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.

Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

Holiday & Travel Category

All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection

The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Personal Services

Glamour Girls uk
visiting essex escort-massage



Call now:
01702 556500 or 07702 388070

please call for website details *Recruiting Now*
Open St. Valentine's Night *7pm till 7am*

ESSEXGIRLSX visiting essex escorts



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6pm till 6am *call for website details*
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VOGUE ESCORTS
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30 Minute Arrival
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18+ H/Desk 0844 944 0844. 0871 = 9p per min. Network extras apply. Live calls recorded. SP: 4D.

TEXTCHAT
£1.50 for 1st 15 mgs sent/rcvd. £1.50 per 6 mgs sent/rcvd thereafter.
Men: Text 'mcpp' to 88199
Women: Text 'wcpp' to 88199
Gay: Text 'gepp' to 88199

18+ Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Sent STOP to 88199 to stop. You may be sent free mkg mgs for similar services. Text NO INFO to 88199 to opt. out. IP: X-On.

CHAT OR DATE 10p PER MIN
0872 100 5011
18+ Helpdesk 0844 944 0844. Network extras apply. Live calls recorded. SP: 4D.

GAY CHAT
Gay, Bi or just Curious you'll find plenty of GUYs to chat to here.
0871 908 1272
18+ Helpdesk 0844 944 0844. Live calls recorded. 0871 = 10p per min. Network extras apply SP: 4D.

XXX121 SEX CHAT 36p
STRAIGHTTHRU! 0909 860 6682
OLDER LADIES 0909 860 9776
18+ Helpdesk 0844 944 0844. Live calls recorded. 0871 = 10p per min. Network extras apply SP: 4D.

CHAT OR DATE 10p PER MIN
WOMEN: 0800 075 4560
MEN: 0871 908 1311
18+ Helpdesk 0844 944 0844. 0871 = 10p per min. 0800 = Free from a BT Landline. Network Extras apply. Live calls recorded. SP: 4D.

TEXTCHAT
£1.50 for 1st 15 mgs sent/rcvd. £1.50 per 6 mgs sent/rcvd thereafter.
Men: Text 'mdag' to 88199
Women: Text 'wdag' to 88199
Gay: Text 'gdag' to 88199

18+ Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Sent STOP to 88199 to stop. You may be sent free mkg mgs for similar services. Text NO INFO to 88199 to opt. out. IP: X-On.

36p PHONE SEX
LIE BACK & PLAY 0909 864 1381
Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO3538 NNG 7YN. Help 08448714497.

MATURE LADIES LIVE 36p SEX 36p
YOU'LL LOVE IT CALL NOW KKK 0909 864 1041
Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO3538 NNG 7YN. Help 08448714497.

Yellow Advertiser
Calls may be monitored

ADULT INTERESTS

Calls cost £1.53 per/min at all times. Mobile/payphones call charges may vary! Service provided by JMedi-UK, London SW4 7BX. Help? call 0844 800 1188 WC 100214

Simply dial the number below the advert!

CATHERINE slim fit very attractive blonde, intelligent, optimistic, girly, social and WLTm happy go lucky fella for friendship, hopefully more.
Tel No: 0906 500 6358 Box No: 408513

LUCY 28yr old single mum looking for male up to 40yrs for fun time, friendship, socialising, days out and hopefully leading to more, dad welcome.
Tel No: 0906 500 6358 Box No: 409113

SARAH 36, attractive with long blonde hair and green eyes, independent, employed with OHAC, WLTm similar articulate, interesting guy in uniform for nights in/out.
Tel No: 0906 500 6358 Box No: 408495

CLARE 31yr old single female, green eyes, dark hair, looking for fun, friendship and hopefully a ltr with loving male. No time wasters pls.
Tel No: 0906 500 6358 Box No: 409257

TONI 34yrs voluptuous, loves cosy nights in, good nights out, WLTm romantic male who will treat me like a princess. Car owner/driver pls.
Tel No: 0906 500 6358 Box No: 409269

LINDA mature female bored of being single, blonde, attractive, green eyes, looking for good times with fun outgoing male with a spring in his step.
Tel No: 0906 500 6358 Box No: 409253

36YR old slim blonde female, genuine, caring and honest looking for similar descent guy for fun times, hopefully leading to more.
Tel No: 0906 500 6358 Box No: 409247

SUE young looking slim attractive blue eyed 37yr old female with wicked sense of humour looking for fun times, if you feel the same call me.
Tel No: 0906 500 6358 Box No: 409099

EMMA slim outgoing 30yr old female seeking honest, kind caring, loving male to take me out, show me a good time, hopefully leading to LTR.
Tel No: 0906 500 6358 Box No: 409083

TRACY slim dark haired beauty, petite, hardworking career, enjoys dancing, nights out, WLTm loving male who can make me laugh for an adult relationship.
Tel No: 0906 500 6358 Box No: 409419

SHARON very attractive British black lady, sexy size 6 looking for white male to fall in love with. Beautiful people can be lonely too.
Tel No: 0906 500 6358 Box No: 409263

KIRSTY blonde blue eyed size 12 nurse, enjoys cosy nights, driving, holidays, socialising, WLTm broad-minded male for adult fun.
Tel No: 0906 500 6358 Box No: 409259

MID naughty forties female looking fun, thrills and discreet meets, give me a call, you won't be disappointed. Any age with own accommodation.
Tel No: 0906 500 6358 Box No: 409109

ANITA very attractive black female, seeking mature white/Asian man to enjoy uncomplicated relationship with no ties. Any age, pls contact me, I'm very lonely.
Tel No: 0906 500 6358 Box No: 408505

KATH blonde independent female, employed with OHAC looking for fun and laughter with likeminded nice easy going male, any age.
Tel No: 0906 500 6358 Box No: 407955

SUE independent confident female who knows exactly what she wants, fit, intelligent, loves the Arts, seeks sensitive, interesting soul mate.
Tel No: 0906 500 6358 Box No: 409415

SUSAN attractive single female looking for really nice guy for cosy nights in and fun nights out. Go on give me a call and let's go out or have a chat.
Tel No: 0906 500 6358 Box No: 409411

MARIA petite curvy brunette, into keep fit, running, beauty, looking for nice genuine tall N/S guy with no ties for fun adult companionship.
Tel No: 0906 500 6358 Box No: 405099

HEATHER enjoys holidays, eating in with a large bottle of wine, cooking, meeting new people seeking interesting male to get to know a little better.
Tel No: 0906 500 6358 Box No: 408509

LISA busty blonde 34yr old fun to be with single party goer, looking for similar male for adult fun maybe more.
Tel No: 0906 500 6358 Box No: 408289

ELAINE lonely divorced female with no ties, enjoys dog walking, cosy nights in, looking for reliable caring male to spend quality time
Tel No: 0906 500 6358 Box No: 408283

CATH attractive tall blonde, likes travel, walking, romantic nights out, cosy nights in, looking for Prince Charming, must be passionate and loyal.
Tel No: 0906 500 6358 Box No: 408245

KAREN blonde, long legged, many interests, very young looking, outgoing, adventurous, likable, WLTm your soul mate, could that be you? Pls call me.
Tel No: 0906 500 6358 Box No: 407953

CATHY divorced independent hopeless romantic seeking special gent to spend really nice times with, get to know and take it from there.
Tel No: 0906 500 6358 Box No: 407623

Hi not going to give much away on here, if you want to know anything about me and believe me you won't be disappointed! You know what you have to do. ACA.
Tel No: 0906 500 6358 Box No: 408725

SARA 34yr old single mum looking for a genuine male to make me laugh again and help put the spark back into my life. Looks unimportant.
Tel No: 0906 500 6358 Box No: 408051

KATE 47yr old slim brunette, considered attractive, likes cooking, meals out, animals and WLTm tall confident man with own hair and teeth.
Tel No: 0906 500 6358 Box No: 407617

SATURDAY night blues! Home alone again and looking for male companionship. Blonde, slim, 32yrs, attractive, what are you waiting for? Call me if you're normal and lonely.
Tel No: 0906 500 6358 Box No: 408867

TRACY 33yrs, attractive, well travelled, grounded, looking for nice male who will be respectful to enjoy adult companionship without complications.
Tel No: 0906 500 6358 Box No: 408493

JULIE attractive 27yr old female with GOSH looking for male up to 36yrs for good times and adult fun. No ties or strings attached.
Tel No: 0906 500 6358 Box No: 408255

JOANNA 34, in need of tlc, winning, dining being treated like the princess I am, looking for sugar daddy, that someone special to love me.
Tel No: 0906 500 6358 Box No: 408869

MARIA gorgeous outgoing bbw 27, good fun, caring, romantic, looking for that special someone to share life with.
Tel No: 0906 500 6358 Box No: 408733

KIM attractive single lady new to area looking for meet new friends and maybe a new love interest. I have many hobbies and am interesting to know, pls call me.
Tel No: 0906 500 6358 Box No: 408489

TAYLOR attractive very busty curvy black female looking for fun times with open-minded male who is also looking for fun.
Tel No: 0906 500 6358 Box No: 408311

BETHANY 25yr old blonde, slim size 10 with great personality, looking for nice guy to share my life with, single dad welcome.
Tel No: 0906 500 6358 Box No: 408253

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O'S FANS' CHEERS TURN TO JEEERS

Orient

Leyton Orient 1 Bristol City 3
Sky Bet League One
By Rowland Lyons at
the Matchroom Stadium

LEYTON ORIENT'S automatic promotion hopes suffered another blow after an uncharacteristic third consecutive defeat against the lowly Robins on Tuesday night.

An early strike from former West Ham striker, Sam Baldock, and Tyrone Elliot and Aden Flint headers gave City what turned out to be deserved win. O's Kevin Lisbie's strike before the break turned out to be the only high note of a depressing evening in front of their lowest crowd of the season.

Attempting to freshen up the squad after back-to-back defeats, boss Russell Slade made several changes from last Saturday's Peterborough home reverse. Out went top scorer David Mooney and schemer, Lloyd James. In came Lisbie and Marvin Bartley, with Gary Sawyer in for the crocked Elliot Omozusi.

But, having been pipped by late

goals in their previous two encounters the changes backfired and the O's conceded after only three minutes when the over-lapping Baldock latched on to Jay Emmanuel-Thomas's cracking through ball and left Shwan Jalal red-faced, beating the loan keeper at his near post.

Buoyed by their opener, City hit the O's again only seven minutes later when sloppy defending from Marlon Pack's flag-kick saw Barnett rise highest and glanced over a flapping Jalal.

The shaky Orient defence survived further scares and were lucky not to be out of sight on 25 minutes when Greg Cunningham missed the easiest of tap-ins from Baldock's short pass.

Orient gradually got themselves back in the game and after Sawyer had stung Simon Moore's fingers with a curling free-kick, the home side found a way back, on the stroke of half-time, when Lisbie profited after the gloveman had fumbled Dean Cox's powerful drive.

Lisbie's strike failed to inspire the O's after the break – despite dominating for long periods, they rarely

troubled Moore – who managed to fumble away a 70th minute Cox cross to safety, before the midfielder should have at least have hit the target, but curled over the bar with only the keeper to beat.

City – always dangerous on the break – especially with former Arsenal junior, Emmanuel-Thomas always a handful – sealed the win on 75 minutes when Flint took advantage of another Jalal gaffe and headed home Cunningham's cross after the O's had failed to clear their lines.

Reflecting on another defeat, boss, Russell Slade admitted: "Overall, I am very disappointed. A few harsh words were said [at the interval]. A few individuals needed to know. The goals we conceded tonight were not characteristic – and not if we want to be in the Championship."

Slade refused to criticize his goal-keeper, but hit back at the 'boo boys': "I don't think it [the goal-keeping change] has helped, and perhaps he [Jalal] needs a little time to settle – but I think the fans who were cheering every time he caught the ball – I think that's shocking. I

wouldn't wish that on anyone. If that's their way of protesting at the team, to be honest they should stay at home."

O's skipper, Nathan Clarke, added: "I'm lost for words. We've had a good chance, but in the last two games it has been frustrating. But, we need to get out of this rut we are in and to get back to form that has got us in this position. We worked so hard at the beginning of the season, we definitely don't want to throw this away now."

*Orient travel to high-flying Preston North End this Saturday (kick-off 3pm) and entertain lowly Stevenage on Tuesday (kick-off 7-45pm).

LEYTON ORIENT: Shwan Jalal – Scott Outhbert, Mathieu Baudry, Nathan Clarke (captain), Gary Sawyer – Moses Odubajo, Romain Vincelot, Marvin Bartley (Jamie Ness 76), Dean Cox – Kevin Lisbie (Yohann Lasimant 84), Chris Dagnall (David Mooney 64). Subs (not used): Jake Larkins (gk), Robbie Simpson, Lloyd James, Jamar Loza.
BRISTOL CITY: Simon Moore – Karleigh Osborne, Aden Flint, Adam El-Abd, Derrick Williams – Marlon Pack, Wade Elliott, Greg Cunningham, Tyrone Barnett – Sam Baldock (Simon Gillett 90), Jay Emmanuel-Thomas. Subs (not used): Frank Fielding (gk), Joe Bryan, Bobby Reid, Wes Burns, Brendan Moloney, Stephen Pearson.

Football

Vital point for Gulls

Non-league round-up
by Brian Jeeves

CANVEY Island produced a terrific Ryman Premier Division performance at title chasing Maidstone United. In front of a bumper crowd of 1,794, the Gulls took a shock lead just after the break thanks to Jay Curran.

The Stones levelled the score late on through a Frannie Collin penalty, and despite Canvey's Michael Alaile receiving his marching orders soon after, the visitors held firm for a valuable point.

Brentwood Town picked up a point from their trip to Cheshunt. An enthusiastic crowd of 130 watched the teams play out a goalless draw.

Once again, the entire Essex Senior League programme was wiped out due to the inclement weather, leaving the spotlight on the Essex Olympian League.

Pick of the action was in Senior Division One where Leigh Ramblers dispatched Herongate Athletic by seven goals to one. Dave Birnie (2), Luke Read (2), Max Corrigan, Jamie Selby-Knight and Moritz Uphoff found the net for the rampant Rams.

Elsewhere in Division One, Old Southendians grabbed a 1-1 draw at Canning Town, while in Senior Division Two goals from Tommy Barton (2) Marcus Bowers and Reece Conway couldn't prevent Basildon Town from a 5-4 defeat to Debden Sports.

Hammers' late double takes wind out of Canaries' wings

West Ham United

West Ham United 2 Norwich City 0
Brian Jeeves reporting
from Upton Park

TWO late goals from James Collins and Mohamed Diame secured three more priceless Barclays Premier League points for West Ham United, although visitors Norwich will be scratching their heads as to how they contrived to leave Upton Park empty handed.

Both teams went into this game amidst an air of positivity. A clutch of goals from skipper Kevin Nolan had handed West Ham back-to-back victories over Swansea City and Aston Villa, while Norwich held Championship chasing Manchester City to a highly creditable goalless draw last time out at Carrow Road.

The Hammers new found toughness was evident for all to see in the opening minutes. They snapped and snarled into

tackles, and almost found an early opening when James Collins' deep free kick eluded everybody before Bradley Johnson took control of the situation, clearing up for the Canaries.

Norwich hit back, and perhaps should have taken the lead when Hammers keeper Adrian was extended to keep out Gary Hooper's well directed header. Soon after the visitors had an even bigger chance. Once again, Adrian rescued the situation, blocking from Robert Snodgrass after Nathan Redmond had fashioned the opportunity.

The crowd became agitated. But it wasn't long before the Hammers showed them a little more in the way of endeavour. Kevin Nolan picked out Matt Jarvis but Norwich's England international keeper John Ruddy was equal to his effort, then he had to be on his toes again, fielding Carlton Cole's crisp shot from the edge of the box.

West Ham were enjoying a decent

spell of pressure. Ruddy had to stretch for a Mark Noble strike, then he brilliantly denied Jarvis with his feet, this after Stewart Dowling's original ball in had just escaped Cole.

At this stage the Hammers had the bit between their teeth and sensed a breakthrough. Noble drove forward but fired wide. However, just before the break Norwich squandered another glorious chance when Adrian brilliantly pushed over from Alex Tetley.

Norwich started the second period with a flurry of corners, and it wasn't long before they started to dominate proceedings. Hooper's half hit attempt was dealt with by Adrian, while Martin Olsson had the keeper scrambling after cutting in from the left flank.

The Upton Park faithful became increasingly frustrated as their charges struggled to find any type of fluency. Substitute Mohamed Diame should have done better but swept his

effort disappointingly across the goal.

But Norwich looked the more likely. Adrian had long since clinched any man of the match award, once again using his feet to rebuff Hooper.

Chances were at a premium for West Ham. Diame should have opened the scoring when Nolan played him in, this time Ruddy was called into action to block from the Senegalese midfielder.

When Adrian fisted away a flag kick from the right, only for Joseph Yobo to turn the loose ball agonisingly over, you started to sense that the Canaries might pay for their wastefulness. And so it proved.

With just six minutes remaining Noble found Diame, who in turn sent in a delicious cross for Collins to head beyond Ruddy. The goal was against the run of play, but that mattered very little to the home support who exploded into life.

Shell-shocked Norwich pressed. Sebastien Bassong's header was

grasped by Adrian, but as the game moved into the final minute of stoppage time, West Ham sealed the points. Diame ran the length of the field before seeing his shot deflect off Russell Martin and past Ruddy for the Hammers second.

This was a huge three points for West Ham, who extended their unbeaten sequence to four and moved up to tenth place. They will look to put further daylight between themselves and the Barclays Premier League relegation position's when Southampton visit Upton Park on Saturday February 22 (kick-off 3pm).

West Ham United: Adrian; Dernel, Collins, Tomkins, McCartney; Nolan, Noble, Taylor (Nocerino 77); Jarvis (Diame 61), C.Cole (Borriello 46). Downing. Subs not used: Jaaskeinen, Reid, Armero, Collison.

Norwich City: Ruddy; Martin, Yobo, Bassong, Olsson; Tetley (van Wolfswinkel 86), Johnson; Redmond (Pilkington 81), Fer, Snodgrass; Hooper (Elmard 76). Subs not used: Bunn, Whittaker, van Wolfswinkel, Hoolahan, Garrido

Tilbury through to semis in under-16s cup after seeing off champs

Junior Football

TILBURY'S reward for knocking out Essex Cassells Under 16s Cup holders Thurrock is an away tie at either Grays Athletic or Stanway Rovers after the draw for the semi-finals was confirmed on Wednesday.

The Dockers' slender triumph over their near neighbours was the only quarter-final to take place on another wet weekend.

Meanwhile, the winners of the outstanding Aveley and East Thurrock United tie will host

the victors of AFC Hornchurch vs Dagenham United in the penultimate stage.

In the Andrews Under 14s Cup, only Redbridge managed to defeat both the weather and their opponents to reach the last four, where they will entertain either Bishop's Stortford or Tilbury. Concord Rangers or Euro Dagenham look forward to a home fixture against Brentwood Town or Buckhurst Hill (Royals).

As yet, not a single ball has been kicked in the quarter-finals of the Saturday Junior Trophy, with one tie from round four also still to be played.

What can be deciphered of the semi-final draw is that there will be a home tie for one of Flitch United, Rayford Athletic or Dunmow Rhodes, who will host either Rayleigh Town A or Sandon Royals. Beacon Hill Rovers or Boreham have been drawn at home to Real Dagenham or Focus Ferrers.

All the details relating to Essex's County Cups can be found at www.essexfa.com. You can also follow @EssexCountyFA on Twitter and like 'EssexFootball' on Facebook.

Essex Saturday Junior Trophy Semi-Finals

(March 1): Flitch United or Rayford Athletic or Dunmow Rhodes vs Rayleigh Town A or Sandon Royals, Beacon Hill Rovers or Boreham vs Real Dagenham or Focus Ferrers.

Essex Cassells Under 16s Cup Semi-Finals (March 9): Grays Athletic or Stanway Rovers vs Tilbury, Aveley or East Thurrock United vs AFC Hornchurch or Dagenham United.

Essex Andrews Under 14s Cup Semi-Finals (March 9): Concord Rangers or Euro Dagenham vs Brentwood Town or Buckhurst Hill (Royals), Redbridge vs Bishop's Stortford or Tilbury.

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Week ending Friday, February 14, 2014

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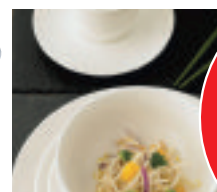
£4,000,000 STOCK FOR IMMEDIATE CLEARANCE!

Now, to improve our range and service for the future, including a major refit of our restaurant, we will proceed with a massive store and warehouse, clearing and remerchandising project. We must clear the store without delay, so that this major work may commence. **The store is presently closed while we reduce prices and prepare the displays for the launch of our £4,000,000 CLEARING & UPDATING GRAND SALE.** We must urgently sell off all our stock including: Womenswear, menswear, cosmetics, perfumery, lingerie, hosiery, handbags, fashion accessories, suites, sofas, chairs (inc recliners), dining sets, sideboards, robes, chests, beds, mattresses, coffee tables, rugs, luggage, cutlery, cookware, bakeware, china & glass, appliances, vacuum cleaners, quilts & pillows, bedlinen, towels, curtains, cushions, radios, clocks, etc. **Absolutely Everything Must Be Sold Out a.s.a.p!**

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3 seater sofa
and chair in fine
quality fabric

WAS £2388

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MYERS 'Memory Grande'

150cm 4 drawer divan
set with luxury sprung
mattress

MRP £1299

YOU PAY £299

BEHRENS Bed Linen

Flat sheet in 100% cotton.
Assorted colours

Eg. Double RRP £64
King RRP £66
Superking RRP £66

YOU PAY £5

ALEXON Maxi Dress

in velvet and crepe.
Suitable for
eveningwear

WAS £180

NOW £53

SPODE Fine Bone China

up to
**75%
OFF!**

Eg. RRP £30

YOU PAY £7.50

GANT

Mens Casual Jacket
with button down collar.
100% cotton.

WAS £85

NOW £42.50

ORIGIN RED 'Chesterfield'

Coffee table
with drawer
in Ash wood

WAS £359

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VAN DAL

**Elegant Ladies
Court Shoe**

RRP £80

YOU PAY £36

ROYAL OAK

Dining table and
4 chairs in
solid Oak

WAS £1199

NOW £299

SNUGGLEDOWN

13.5 Tog Duvet
with hollowfibre
filling
Eg. Double

RRP £75

YOU PAY £33

CHRISTY 'Renaissance'

Egyptian cotton towel

Hand Was £12.50
Now £5
Bath Was £25
Now £10
Sheet Was £36
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MORE GREAT OFFERS ON FURNITURE & BEDS

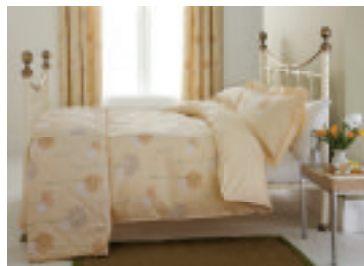
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We must urgently clear all our stock including: Suites, sofas, easy chairs, recliners, dining sets, sideboards, coffee tables, beds, bedframes, mattresses, robes, chests, lamp & coffee tables, cushions, rugs, pictures, mirrors, etc... **Absolutely Everything Must Be Sold Out a.s.a.p!**

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Large 4 seater sofa
in luxury soft
touch fabric

WAS £1199

NOW £499

CELEBRITY 'Woburn'

Classic wing chair
in fine quality
leather

WAS £1239

NOW £499

DUNLOPILLO 'Nouveau'

150cm split mattress
in quality latex with
2 drawer divan base

WAS £1899

NOW £499

ORIGIN RED 'Chesterfield'

Coffee table
with drawer
in Ash wood

WAS £359

NOW £99

NOLTE 'Eco'

150cm slide robe
with 2 doors in
Walnut finish

WAS £1099

NOW £399

JULIAN BOWEN 'Picasso'

8 cube bookcase
in Walnut finish

WAS £179

NOW £49

SIMMONS 'In Motion Superior'

90x200cm electric
adjustable bed with
2 drawer divan base

WAS £999

NOW £399

CANDLELIGHT 'Bow Front'

Sideboard with 2 doors
and 2 drawers in
painted hardwood

WAS £399

NOW £79

RELAXATEEZE 'Celia'

Sofabed with 'click-clack'
action in modern
corded fabric

WAS £399

NOW £149

NOLTE Bedroom Chest

with 5 drawers
in washed Oak
finish

WAS £399

NOW £99

ORIGIN RED 'Chesterfield'

Lamp table
with drawer
in Ash wood

WAS £229

NOW £79

SLUMBERLAND 'Memory Seal Premier'

135cm divan set
with 2 drawers and
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MRP £999

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'Vista'

5 piece pan set
in top quality
stainless steel. Oven
and dishwasher safe
RRP £244

YOU PAY £89

BEHRENS

13.5 Tog

New white goose feather
& down duvet

Single WAS £140 Now £55
Double WAS £170 Now £70
Kingsize WAS £190 Now £75
Superking WAS £220 Now £90

YOU PAY £89.99

ROWENTA

Steam Iron

2300W with
self clean
feature

RRP £79.99

YOU PAY £31.99

SABATIER

'Trompette'

5 piece knife block set
in fine quality
stainless steel

RRP £150

YOU PAY £45

HARLEQUIN

Jacquard towel

Hand
WAS £10 Now £5
Bath
WAS £20 Now £10
Sheet
WAS £30 Now £15

NOW £20

PIERRE CARDIN

66cm Rollercase

With a
lifetime warranty

WAS £129

NOW £49

BEDECK

'Hotel'

Quilt set in 100%
Egyptian cotton

Single WAS £80 Now £30
Double WAS £130 Now £40
Kingsize WAS £150 Now £50
Superking WAS £170 Now £60

VINERS

44 Piece Canteen Of Cutlery

in quality 18/10 stainless
steel. 50 year guarantee

RRP £260

YOU PAY £89.99

MAJESTIC

by Lawiercie

Set of 6
crystal wine
glasses

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RUSSELL HOBBS

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Electric kettle with
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removable washable filter

RRP £49.99

YOU PAY £21.99

IMPRESSIONS

Waffle curtain

Fully lined
Eg. 117cm x 137cm
(46"x54")

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